

JUNIOR INTERMEDIATE
ETHICS AND
HUMAN VALUES

Do not
Follow
Majority
Follow
The
Right
Way



As Per New Syllabus

AN APPEAL TO ALL

The difference between the poor and the rich nations :

1. It is not the age of a nation Ex: India and Egypt are 2000 yrs old countries.
Whereas Canada, Australia and Newzealand were insignificant 150 years ago and today they have developed and became rich countries.
2. It does not depend on the available natural resources:
Ex: i) Japan: It has limited Territory. 80% of the Area is mountainous. Unsuitable for agriculture and farming. But it is the second in worlds economy. It imports raw material from the whole world and exporting manufactured Products.
ii) Switzerland: It does not grow cocoa. But produces best chocolates in the world. Its a small country which an image of security which has made it the strongest world bank.
3. Executives from rich countries who interact with executives of poor countries show no significant intellectual differences.
4. Migrants heavy in Laziness in their country of origin are force fully productive in rich European countries.

What is the difference ?

The difference is the ATTITUDE of the people moulded for many years by education and culture. After Analysis of rich and developed countries, It is observed that a majority abide by the following principles of life.

1. Ethics as basic Principles & Human values.
2. Integrity.
3. Responsibility.
4. The respect for laws and regulations.
5. The respect for Majority of citizens by right.
6. The love for work.
7. The effort to save and invest.
8. The will to be productive.
9. Punctuality.

I humbly request all the students to sincerely follow these principles and become strong your self and make India rich and developed country.

Your's

G.V. Prasad BE (Civil)_{CEO}

GSN Edusoft Technologies

SYLLABUS

Unit -I Ethics and Human Values:

- 1.1 Definition of Ethics and Human Values
- 1.2 The Nature of Values
- 1.3 Good Behaviour and Respect for Elders

Unit-II The Constitutional Values of India:

- 2.1 Indian Constitution and Values
- 2.2 Fundamental Rights
- 2.3 Fundamental Duties
- 2.4 Directive Principles of State Policy
- 2.5 Our National Emblem

Unit-III Individual and Society:

- 3.1 Desirable Basic Human Qualities
- 3.2 Role of Family in Character Development
- 3.3 Social Concerns
- 3.4 Participation in NCC, NSS, Scouting & Guiding, NGC

Unit-IV Life Skills:

- 4.1 The Need for Life Skills during Teenage
- 4.2 Life Skills Perspective
- 4.3 Coping with Life Stresses
- 4.4 Suicidal Tendencies
- 4.5 Peer Pressure

Unit-V Environmental Concerns:

- 5.1 Introduction
- 5.2 Respect For Natural Environment
- 5.3 Unethical Practices
- 5.4 Use of Plastic and Pesticides
- 5.5 Eco-Club

Unit-VI Religious and Cultural Values:

- 6.1 Values Embedded in Various Religions
- 6.2 Religious Tolerance

Unit-VII Professional Ethics:

- 7.1 Need and Importance of Professional Ethics
- 7.2 Goals
- 7.3 Ethical Values in various Professions

Unit-VIII Health and Nutrition:

- 8.1 Importance of Good Food Habits during Adolescence
- 8.2 Essential Nutrients in a Balanced Diet
- 8.3 Guidelines for Good Food Habits
- 8.4 Exercise
- 8.5 Communicable Diseases
- 8.6 Risk Behaviour
- 8.7 Substance Abuse

Unit-IX Ethics in Social Media and Technology:

- 9.1 Modern Technological Devices and Impact on Youth
- 9.2 The Internet : Ethics and Etiquette
- 9.3 Mobile Phones : Ethics and Etiquette
- 9.4 Social Networking : Ethics and Etiquette

Unit-X Ethics, Values and Thinking:

- 10.1 Ethics and Values
- 10.2 Right Thinking
- 10.3 Right Understanding
- 10.4 Reflective Thinking
- 10.5 Critical Thinking
- 10.6 Creative Thinking

CONTENT

★	Board Model Question Paper - 1	1
•	Model Question Paper - 2	3
•	Model Question Paper - 3	5
	Unit -I Ethics and Human Values	7 - 8
	Unit-II The Constitutional Values of India	9 - 10
	Unit-III Individual and Society	11 - 13
	Unit-IV Life Skills	14 - 15
	Unit-V Environmental Concerns	16 - 17
	Unit-VI Religious and Cultural Values	18 - 21
	Unit-VII Professional Ethics	22 - 24
	Unit-VIII Health and Nutrition	25 - 27
	Unit-IX Ethics in Social Media and Technology	28 - 29
	Unit-X Ethics, Values and Thinking	30 - 31
•	List of Group Projects	32
•	List of Individual Project Work	33
•	Model Projects	34 - 44

BOARD MODEL QUESTION PAPER-1

Time: 3Hrs.

Max Marks: 60

Answer **ANY FOUR** of the following in 150-250 words, choosing **ONE QUESTION** from Each Section.
4x 15= 60

SECTION - A

(Chapters 1, 3, 10)

1. Give an account of the nature, definition and scope of Ethics.
2. Write an essay about any three social evils that are prevalent today.
3. Differentiate between Critical Thinking and Creative Thinking.

SECTION-B

(Chapters 2, 4, 9)

1. Write an essay about the Fundamental Rights and Fundamental Duties of Indian citizens.
2. What are some of the warning signs and causes of suicide? Discuss how positive thinking and developing assertiveness can help in preventing suicidal tendencies.
3. Describe how privacy and personal safety can be compromised unknowingly by users of the internet. What precautions should one take to avoid becoming a victim of cyber crime?

SECTION-C

(Chapters 5, 7)

1. Describe some unethical practices which have led to the degradation of natural resources.
2. Write an essay on ethical practices that should be followed in general by people of all professions.

SECTION -D

(Chapters 6, 8)

1. Discuss the need for religious tolerance. Enumerate some of the important concepts of any religion you admire.
2. Discuss the effects of substance abuse. How can substance abuse be prevented?

MODEL QUESTION PAPER-2

Time: 3Hrs.

Max Marks: 60

Answer **ANY FOUR** of the following in 150-250 words, choosing **ONE QUESTION** from Each Section.
4x 15= 60

SECTION -A

(Chapters 1, 3, 10)

1. Write short notes of about 50 words each of the following.
1) Good behaviour 2) Character and conducts
3) Habit 4) Difference between good and bad
2. Write an essay on some of the good qualities that students should develop.
3. Discuss the importance of Ethics and how values can be inculcated.

SECTION-B

(Chapters 2, 4, 9)

1. What is Constitution ? Describe some of the values embedded in the Indian Constitution.
2. What are Life Skills? Discuss the benefits and ways to improve skills related to Goal Setting, Problem Solving, Decision Making and Time Management.
3. Describe some of the advantages and disadvantages of the internet.

SECTION-C

(Chapters 5, 7)

1. Write short notes of about 50 words each of the following :
a) Pollution b) Use of plastics in daily life c) Pesticides and Alternatives d) Eco-Clubs
2. Write an essay on ethical practices that should be followed in Corporate management and business.

SECTION -D

(Chapters 6, 8)

1. Write an essay on the tenets and ethical values in Hinduism OR Islam.
2. List out 15 guidelines that should be followed by adolescents regarding food habits and exercise.

MODEL QUESTION PAPER-3

Time: 3Hrs.

Max Marks: 60

Answer **ANY FOUR** of the following in 150-250 words, choosing **ONE QUESTION** from Each Section.
4x 15= 60

SECTION - A

(Chapters 1, 3, 10)

1. Write an essay about the need to respect elders in society.
2. Write an essay on the principles and activities of the NCC and NSS.
3. Write an essay about the various aspects of Reflective Thinking.

SECTION-B

(Chapters 2, 4, 9)

1. Write short notes of about 50 words each of the following :
 - a) Indian National Emblem
 - b) The need for Fundamental Duties
 - c) Fundamental Rights of Children according to the Indian Constitution
 - d) Preamble to the Constitution of India
2. How can one improve Self Esteem and Self Confidence ? Discuss the importance of Stress Management.
3. List out some guidelines for youngsters regarding the proper and judicious use of the internet.

SECTION-C

(Chapters 5, 7)

1. Discuss the importance of natural resources like land, trees, air, water and animals and why we should have respect for the natural environment.
2. Enumerate some ethical norms that should be followed by teachers and doctors.

SECTION -D

(Chapters 6, 8)

1. Write an essay about the important teachings and values in Buddhism OR Jainism.
2. What are the causes of risk behaviour among adolescents and how can such behaviour be checked?

UNIT-I**ETHICS AND HUMAN VALUES**

1. Give an account of the nature, definition and scope of Ethics.

Ans. Ethics is defined as "Study of what is right or Good in conduct". Ethics also deals with study of the habits and customs of men. Ethics discusses good and Evils of our habits. Ethics is not a political science. A thing is generally good when it is valuable for some end, example: certain kinds of medicines are said to be good for particular disease. Ethics is the study of conduct as a whole, not of any particular kinds of conduct.

The student of ethics is likely to learn more from saint (or) Hero. The object of these studies that are described as normative studies. Normative means study of evaluating or making judgements about behaviour. To make people to obey rules, normative studies are concerned with standards of life. Thus, Ethics is the science or general study of the ideal involved in human life.

2. 'Ethics is a subject which provides guiding principles rather than rules'. Do you think that the study of Ethics can make one a better person? Discuss.

Ans. Ethics is a subject which provides guiding principles of life. They are not the Rules. Every person experience both Good and Bad. Some persons experience more good than bad in a day or in a year or in a life time. In order to slowdown the process of erosion of human values, Promote awareness of youth participate in the development of nation, the study of ethics is necessary.

Grandma stories with morals, moral education classes in the school time tables have vanished. Study of Ethics make one a better person. Ethics and Human values are not merely theoretical concepts but form an integral part of our culture and society.

Good and bad are equally important ingredients in our life. Every person experiences both good and bad. It is necessary to maximize good and minimize bad by following ethics. Thus study of ethics makes a person, a better person.

3. Write short notes of about 50 words each of the following:

- a) Good behaviour
- b) Character and conduct
- c) Habit d) Difference between good and bad

Ans. a) Good behaviour is necessary to every body. It should develop from within the child. For this, parents should encourage independence, develop children's self-esteem, encourage consideration and care for others, promote honesty and trust. Parents should act as role models who demonstrate the attributes they wish to encourage in children. To support good behaviour, all classes should display a list of Golden Rules.

b) Character means the complete universe constituted by acts of will of particular kind.

Character is the most important element in life from the point of view of ethics. The term conduct is used to include all sorts of activities which are directed to an end. A person's conduct is the complete system of such acts, corresponding to his character.

- c) **Habit** The accidental dominance of a good purpose at that moment is of comparatively little consequence unless it is an indication of the habitual dominance. Formation by Good Habit is not mere presence of a good will but it is the expression of it and much may remain latent in the character.
- d) **The distinction between good and bad** is very fundamental to all other discussions about values. Any value theory failing to recognize the distinction between good and bad is not merely inadequate; it is false. Some persons interpret them as contradictories but good and bad are non-contradictory opposites. Contradictory opposites have nothing in common. Good and bad have something in common. Both are values.

4. Write an essay about the need to respect elders in society.

Ans. Respect Elders should be one of the basic lessons of our childhood. Being disrespected by the younger generation is humiliating. Let us invest respect now to insure respect later in life. Humanity is another reason to respect elders. We all share a bond as human beings. Children cannot survive without the care and support of adults. Just as we instinctively protect children, in the same way it is our duty to take care of our elders. When elders face health problems, the more able bodied generation should shoulder the responsibility as it is their duty to do so. It is a payback for the safe childhood one has enjoyed and also hope for assisted old age for oneself when the time comes. We should respect people who love us and have their best interest in our wellbeing.

We are the children whom the elders have seen grow up, they have a say in our life for they care, we have the responsibility to appreciate them. The least we can do is respect them. The family tree is where we come from, who we are and how we become what we are. We should respect our history and those who create it. If you have a sound value system and morals, if you can instinctively tell what is wrong and what is right, thank your elders for teaching you the distinction. A man is judged by his character and this is gifted by the elders. So respect is an obvious to follow. One of the simplest reasons to respect the elders is that we love them.

UNIT-II**THE CONSTITUTIONAL VALUES OF INDIA**

1. What is Constitution? Describe some of the values embedded in the Indian Constitution.

Ans. Constitution : The constitution of a country is a document which contains the broad framework of fundamental principles according to which the country will be governed. It lays down the structure, procedures, powers and duties of a government and also the rights and duties of citizens. The constitution of India is the world's longest written constitution with 395 articles and 8 schedules. The New Constitution of India was adopted by the Constituent Assembly on 26th November 1949. The Preamble to the Constitution of India states that India is a sovereign socialist, secular, democratic republic.

The Constituent Assembly laid some ideals in India constitution to establish a firm dedication among the rulers. The ideals aim to have liberty, equality and fraternity among all the Indians in all the following aspects. Constitution guaranteed political justice, economic justice and social justice to all the Indians. Liberty of thought, expression, belief, faith and worship is guaranteed to every Indian citizen. All Indians have freedom to follow and worship their own religion. Each individual is assured of equality of 'status and opportunity'. The Indian constitution is formed to have 'fraternity' i.e. a feeling of brotherhood amongst all Indians to establish 'dignity of the individual with the unity and integrity of the nation. The Indian constitution is drafted keeping in view that, India has different languages, religions and cultures. Hence 'unity in integrity' is essential to have peaceful life.

2. Write an essay about the Fundamental Rights and Fundamental Duties of Indian citizens.

Ans. Fundamental rights: Fundamental rights of citizens are basic to the democratic structure.

The rights are justifiable in nature and can be protected by the courts. The fundamental rights are vital to run a democratic system and aim at overall development of the citizens. But fundamental rights have an importance, when fundamental duties are exercised by the citizens. The fundamental rights are incorporated in the Indian constitution in such a way that they protect minorities and raise good behaviour, commonness, justice and morality among the people. They control the democratic system and also solve various social, economics, religious and political issues. The Fundamental Rights are - Right to Equality; Right to Freedom; Right against Exploitation; Right to freedom of Religion; Cultural and Educational Rights; Right to constitutional Remedies; and, Right to have compulsory Primary Education for all children.

Fundamental duties: Fundamental rights and duties are like head and tail of a coin i.e. without performing duties, no citizen gets fundamental rights. Similarly there can be no duties without rights. Rights originated from the world of duties. Some people are of the opinion that fundamental duties are not justifiable. But rights without duties may lead to an irresponsible attitude among people. At the same time duties without rights paves the way to slavery. Hence fundamental rights and duties are both necessary.

3. Describe some of the Directive Principles of State Policy pertaining to the Indian Constitution.

Ans. Directive Principles of State Policy are the directions given by the Constitution to the government to bring about economic and social justice by means of suitable policies and

legislation. The Principles do not merely deal with administrative and legal matters but emphasize the need and methods to ensure economic prosperity and social justice of citizens, besides dealing with foreign policy.

Some of the Important Directive Principles of State Policy are :

- 1) Equal pay for equal work for both men and women.
- 2) Protection for children and youth from exploitation.
- 3) Promotion of educational and economic interests of scheduled castes, scheduled tribes, physically challenged people, old people and orphans.
- 4) Organizing village Panchayats and endowing them with power of self-government;
- 5) Establishment of cottage industries in villages.
- 6) Uniform civil code for citizens i.e. inequality of all kinds based on status, religion, opportunity, income and facility must be abolished.
- 7) Decentralization of national wealth to all the people.
- 8) Abolition of social inequality and protection of weaker sections.
- 9) Protection and improvement of environment and safe guarding of forests and wild life.
- 10) Promotion of international peace and security.
- 11) Promotion of literacy among people irrespective of age.

4. Write short notes of about 50 words each of the following:

- a) Indian National Emblem
 - b) The need for Fundamental Duties
 - c) Fundamental Rights of Children according to the Indian Constitution
 - d) Preamble to the Constitution of India
- a) The National Emblem of India has been taken from the Samath Lion Pillar. It was adopted by the government of India as the official seal of the President of India and Governments. The National emblem is used only for official purposes and commands the highest respect and loyalty. It is also a symbol of independent India's identity and sovereignty.
- b) The need for Fundamental Duties: Fundamental rights and Duties are like the two sides of a coin. Fundamental duties are not incorporated in the constitution in 1950, because it is assumed that people themselves perform their duties. But the assumption is wrong. Hence fundamental duties are introduced in the constitution in 1976. Citizens are required to observe fundamental duties.
- c) Fundamental Rights of Children include Right against Exploitation of children below 14 years of age. Child labour in any form is prohibited. According to the Right to have Compulsory Primary Education for all Children, parents or guardians have to provide educational opportunities to all the children from 6 to 14 years of age. Government provides free education to them.
- d) The Preamble to the Constitution of India is a brief introductory statement that spells out the guiding principles of the document. The Preamble states that India is a sovereign socialist, secular, democratic republic. In a democratic republic the supreme power is vested in the citizens who vote for their representatives in fair and free elections.

UNIT-III**INDIVIDUAL AND SOCIETY**

1. Write an essay on some of the good qualities that students should develop.

Ans. It is necessary for students to develop good qualities like

- a) honesty,
- b) punctuality,
- c) courtesy, discipline and
- d) courage by choosing a role model either from the family or society.
- a) **Honesty** means being trustworthy, loyal, fair, and sincere. It is respected in many traditional cultures.
- b) **Punctuality** is being able to complete a required task OR fulfil an obligation before designated time.
- c) **Courtesy** means being gentle or polite. Students are expected to display courteous behaviour. Students must follow rigid **discipline** before they can achieve anything great. Youth must understand that nothing but a rigorously disciplined life will save them from vices.
- d) **Courage** is ability and willingness to confront fear, pain, or danger. Physical courage is at the time of physical pain, hardship, death, or threat of death. Moral courage is shown at the time of shame, disgrace, or discouragement.
- e) **Forgiveness** is granted without any expectation and without any response by the offender. Students should not only forgive others, but must also seek forgiveness if they had offended someone else.
- f) **Friendship** is easy to make but difficult to keep up. A friend keeps you away from sin, directs you towards good, and keeps secrets. He does not leave you in difficulty and provides timely help.
- g) **Contentment** means happy with what one possess. Contentment is the highest treasure of man.
- h) **Simplicity** is a self-imposed rule. One should lead a simple life, free from too much dependence of things.

2. Write an essay about any three social evils that are prevalent today.

Ans. Three major social evils that are prevalent today are

- 1) Dowry,
 - 2) Gender Discrimination and
-

Junior Intermediate Ethics and Human values

3) Caste System.

1) **Dowry:** Dowry refers to the practice of giving money and gifts by the bride's family to the groom's family at the time of marriage. Voices have been raised against this evil custom. Girls today are in no way inferior to them. They should develop self-confidence and have the courage to refuse a proposal if dowry is being demanded. Parents should encourage girls to be assertive. The government has enacted the Dowry Prohibition Act in 1961. The removal of dowry system should be at the top on the agenda of social reform.

2) **Gender Discrimination:** Gender Discrimination is another evil. Both men and women are equal. The Constitution envisages equality, liberty and justice for all irrespective of gender. In India, even people believe that it is the son who will carry on the family, look after parents in their old age and perform the last rites. Because of these deep-rooted beliefs they opt for sex-determination tests and go in for abortion of girls. Gender discrimination should stop. Parents should treat sons and daughters equally and provide equal educational facilities.

3) **Caste:** Caste is a closed group having the same occupation, social status, so that members form a single similar community. There are 3000 castes and subcastes in India.

3. Write an essay on the principles and activities of the NCC and NSS.

Ans. NCC (National Cadet Corps): The National Cadet Corps came in the year 1948, has a motto to mould young volunteers into disciplined and responsible citizens. The core values include

- 1) A sense of patriotic commitment to encourage cadets to contribute to national development.
- 2) Respect for diversities in religion, language, culture, and to install sense of National unity and social cohesion.
- 3) Long-lasting commitment to learn and adhere to the norms and values as per Constitution.
- 4) Understanding the value of a just and impartial exercise of authority.
- 5) Ability to participate in community development.
- 6) A healthy life style free of substance abuse and other unhealthy practices.
- 7) Sensitivity to the needs of poor, socially disadvantaged fellow citizens.
- 8) Understanding the values of honesty, truthfulness, self-sacrifice, perseverance and hard work. The NCC has emerged as one of India's premier institutions for imparting training covering soft skills to military activities.

NSS (National Service Scheme): The main objectives of the National Service Scheme are that the students should understand the community in which they work.

- 1) understand themselves in relation to their community.
- 2) identify the needs and problems of the community.
- 3) develop a sense of social and civil responsibility.
- 4) utilise their knowledge in finding practical solutions to individual and community problems.

Junior intermediate **Ethics and Human values**

- 5) develop competence in sharing responsibilities, community participation; acquire leadership qualities and democratic attitudes.
 - 6) develop capacity to meet emergencies; and, practise national integration and social harmony. Adoption of a village is a very meaningful programme in NSS that ensures continuity of work along with sustained action. In urban areas it is desirable to adopt slums.
4. Write an essay on the principles and activities of Bharat Scouts and Guides and the National Green Corps.

Ans. The Bharat Scouts & Guides: Head quarters at New Delhi, inaugurated in the year 1963. It is a voluntary, non-political, educational movement to contribute to the development of young people in achieving their full physical, intellectual, emotional, social and spiritual potentials as individuals, as responsible citizens. The Scouts & Guides Movement is based on the principles of Duty to God and adherence to spiritual principles Loyalty to one's country in harmony, understanding, co-operation, participation in the development of society and respect for dignity of one's fellow men and, responsibility for the development of one's self. This movement is directed towards the development of character and the acquisition of competence, self-reliance, dependability and capacities to co-operate and to lead.

The National Green Corps (NGC) : It was initiated in 2001 and achieved significant success through Eco-Clubs established in schools. The Ministry of Environment & Forests had established Eco clubs across the country making it one of the largest conservation networks. It is believed that children can promote a mass movement about various environmental issues. Inculcation of environment friendly attitudes and behavioural patterns amongst them can make a significant difference to the long term efforts for protection of environment. The broad objectives of the Ministry are conservation and survey of flora, fauna, forests and wildlife prevention and control of pollution, afforestation and regeneration of degraded areas, protection of the environment, and ensuring the welfare of animals.

UNIT-IV

LIFE SKILLS

Q1. What are Life Skills? Discuss the benefits and ways to improve skills related to Goal Setting, Problem Solving, Decision Making and Time Management.

Ans. Life Skills : Life skills help in leading a better quality of life and to accomplish our abilities and realize our full potential. There is no definitive list of life skills. They are grouped into— cognitive skills for analysing information, personal skills for managing oneself and inter-personal skill for interacting effectively with others.

Goal Setting: Goal Setting gives a direction to your life; helps keep you organized and focused; builds self-confidence and sense of accomplishment; helps you achieve success more efficiently in less time; makes small everyday tasks more meaningful and purposeful. Effective goal setting has been a tried and tested method for achieving success in life.

Problem Solving: Problem Solving consists of using methods in an orderly manner for finding solutions to the problems. Everybody can benefit from having good problem solving skills. In Problem Solving, first detect the nature of the problem, Organise the problem by observation, look for possible solutions. Select the best solution for implementation. Then review the outcomes seeking feedback.

Decision Making: Decision Making is the act of choosing between two or more options. Steps for Decision Making include -listing all the possible solutions; gather all relevant, accurate information, evaluate each possible solution; make a decision, implement and review it.

Time Management: Time management is the act of planning for specific activity. These are used to manage time to complete specific task, project, Goals with a due date. With out time management we can't achieve our goals.

Q2. How can one improve Self Esteem and Self Confidence? Discuss the importance of Stress Management.

Ans. Self-Esteem is a person's evaluation of his own worth. It is a judgement of oneself. It encompasses beliefs about worth & competence and emotions such as triumph, despair, pride and shame. The positive or negative life experiences one undergoes create attitudes towards the self, which can be favourable and help to develop positive feelings of self – worth, or can be unfavourable and contribute to negative feelings of self – worth. In the early stage of human life parents are the most significant influence on self – esteem. Adolescents crave for high self-esteem. They make appraisals of themselves based on their closeness with their friends. Social acceptance also leads to high self-esteem. Measures to Improve Self-Esteem and Self-Confidence include - stopping negative thoughts about yourself; aim for accomplishments rather than perfection; viewing mistakes and failures as learning opportunities; trying new things; planning and setting goals and keeping track of your progress; recognize what you can change and what you cannot; making a contribution to others who are in need; and, maintaining high self-esteem leading to self-confidence. So feeling good can build confidence within you.

Importance of Stress Management:

Stress management refers to controlling a person's level of stress for the purpose of improving everyday functioning. Stress produces numerous problems. These can include physical health decline as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society. Although life provides numerous demands that can prove difficult to handle, stress management provides a number of ways to manage

Junior Intermediate **Ethics and Human values**

anxiety and maintain overall well-being.

Q3. What are some of the warning signs and causes of suicide? Discuss how positive thinking and developing assertiveness can help in preventing suicidal tendencies.

Ans. Suicidal Warnings are (a) talking about suicide (b) withdrawing from social contact (c) having mood swings (d) feeling hopeless (e) use of alcohol and drugs (f) being severely anxious. These signs may vary from person to person. Causes of suicide are (a) not having hope about the future (b) genetic link (c) having a family history of suicide (d) inability to face problems (e) experiencing a stressful life event (f) failure in studies.

Positive thinking and developing assertiveness can help in preventing suicidal tendencies. Positive thinking means approaching an unpleasant situation in a positive and productive way thinking that the best is going to happen. Positive thoughts can help people with suicidal tendencies to build skills, make them take the responsibility to avoid negative feelings. By avoiding unnecessary blame on you if things go wrong. By replacing negative thoughts with positive thoughts and by saying positive things, suicides can be prevented.

Assertiveness implies, being able to express feelings, wishes, wants and desires appropriately. It is an important personal and interpersonal skills in our interaction with other people, whether at home or at the work place. Assertiveness can help you to express yourself in a clear, open and reasonable way, without undermining your own rights or those of others. Assertiveness enables individuals to act in their best interests, to stand up for them selves without undue anxiety. Assertive people adopt a win-win policy. They are problem solvers and less stressed.

Q4. Write short notes of about 50 words each of the following:

a) Peer Pressure b) Team Work c) Interpersonal Relationships d) Life Skills

Ans. a) Peer Pressure: Peer Refers to a person who is of equal standing with another in a Group. Ex:- Your classmates are your peers at a place of work, colleagues are peers. Peer pressure is the influence that a peer group observes or an individual exerts.

b) Team work: Team work is done by several associates with each doing a part contributing to the efficiency of the whole. Team Work (a) benefits in problem (b) solving to arrive at the best solution (c) leads to better decisions (d) promotes collaboration among team members (e) communication (f) healthy competition (g) developing the level of bonding among members and avoids conflicts.

c) Interpersonal Relationship: Interpersonal Relationship is close association between people. Developing them is essential for success in life. How you interact, your body language, the tone of your voice and the expression on your face is just as important as what you say. If you communicate effectively, people appreciate your ability to make a person feel comfortable.

d) Life Skills: According to UNICEF 'Life Skills' are psychological abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. There is no complete list of life skills. Cognitive skills help in analysing and using information; Personal skills for managing oneself; and, inter-personal skills for effective interaction.

UNIT-V**ENVIRONMENTAL CONCERNS**

1. Discuss the importance of natural resources like land, trees, air, water and animals and why we should have respect for the natural environment.

Ans. According to the Indian Philosophy the universe is made up of five elements - earth, water, fire, air and space. It is believed that the humans are composed of these elements. Similarly, all foods are derived from these elements. Land resources refer to the earth's surface including the shallow lakes and rivers. In Indian tradition we must take care of our land as our mother.

Trees and animals form an integral part of the environment protection. Trees reduce soil erosion and improve water quality; provide us food, materials for shelter, fuel; purify the air; help to cool the earth through water evaporation and by providing shade. Animals are natural resources and form a critical component of our environment. Domesticated animals provide us food, fibre and leather. Some animals are a source of nutritious food like milk and meat. Sheep are a source of wool, while dogs are cherished as companions.

Water is essential for life. India has rich waterbodies like rivers, and lakes. About 71% of the Earth's surface is covered with water. Only less than 3% of all this water is fresh water. Apart from domestic usage, water is used to produce hydropower. It is impossible to do our routine chores like washing clothes and cleaning utensils without water.

Air is an important natural resource that is vital for animals and plants. All creatures on the earth need air to live. Air is also essential for fuel to burn. We also use air to inflate tyres. Air is an inexhaustible natural resource which is essential for our survival.

2. Describe some unethical practices which have led to the degradation of natural resources.

Ans. Unethical practices take place when people do things that are not necessarily illegal, but immoral. Some of the unethical and illegal actions of man have led to the degradation of the natural environment and depletion of resources. Human beings are exploiting natural resources ruthlessly for their own benefit. Soil Erosion is a natural process but human activities have increased the rate of erosion. Excessive erosion causes problems such as desertification and decrease in agricultural productivity due to land degradation. Deforestation occurs when humans remove large areas of forest lands for farming purposes and urban use. In most cases trees are never re-planted. Trees are cut down to be used or sold as fuel or timber. Mining is the extraction of valuable minerals from the earth. Ores recovered by mining include metals, coal, gemstones, limestone, rock salt, gravel and clay.

The environmental impact of mining includes erosion, loss of bio diversity and contamination of soil. Pollution is the contamination of natural environment due to chemical substances, noise, heat or light. Pollution takes place in various forms such as air pollution, water pollution, sound pollution, soil pollution etc. The contamination of air by pollutants adversely affects the quality of life of human beings, animals and plant. The main source of air pollution is the chemicals released in the air by industries. The main cause of the contamination of water is the release of effluents by industries into rivers, lakes and sewers. The chief sources of noise pollution are heavy machinery and vehicles. Hearing loss, increase in bloodpressure and migraine attacks are some of the effects of noise pollution.

3. Describe some measures to check soil erosion and deforestation.

Ans. To prevent soil erosion, plants should be grown. Plants provide protective cover on the land and prevent soil erosion. Plants slow down the rain water as it flows over the land. Plant roots prevent it from being washed away. Plants reduce the erosion of the soil. Plants on the banks of the rivers slowdown the flow of the water and their roots bind the soil, thus preventing erosion. Prevention of soil erosion requires adoption of technological measures such as use of contour ploughing; weaving unploughed grass strips between ploughed lands; making sure that there are always plants growing on the soil and that the soil is rich in humus; avoiding overgrazing and over use of crop lands; allowing indigenous plants to thrive along the river banks instead of ploughing and planting crops right up to the water's edge; encouraging biological diversity by planting several different types of plants together; conservation of wet lands; intensive cropping and use of proper drainage canals; terracing the sloping fields as this retards the speed of the flowing water; planting trees and sowing different kinds of grasses; and carrying out extensive afforestation practices.

Deforestation should be controlled by taking proper steps. If at all deforestation is inevitable, elsewhere reforestation should be taken up. If one tree is cut, two should be planted. New methods of cultivation should be developed. Good forest management techniques should be incorporated. Rewards should be announced to those who take measures to conserve trees.

4. Write short notes of about 50 words each of the following:

a) Pollution b) use of plastics in daily life c) Pesticides and Alternatives d) Eco-Clubs

Ans. a) Pollution: Pollution is the introduction of contaminants into the natural environment that causes adverse change. Pollution can take the form of chemical substances or energy, such as noise, heat or light. Pollutants can be either foreign substances, energies or naturally occurring contaminants. Pollution takes place in various forms such as air pollution, water pollution, sound pollution, soil pollution etc.,

b) Plastics: Plastics are synthetic organic solid materials suitable for the industrial products. In our daily life plastic bags find at parks, beaches and streets. If they are burnt they infuse the air with toxic gases. Many animals ingest plastic bags and die. Plastic is non-bio degradable substance. Plastics cause different diseases like cancer.

c) Pesticides: Pesticides are used to kill plants or animals that include (a) herbicides for destroying weeds (b) insecticides for controlling insects (c) fungicides for preventing the growth of molds (d) disinfectants for preventing the spread of bacteria. Alternatives to Pesticides include - using compost, crop rotation, planting when pests will be least problematic; and use of trap.

d) Eco-clubs: Eco-clubs have been introduced in schools and colleges all over India. Eco-Clubs organize popular talks on environmental issues in the institution (a) Campaign against use of plastic (b) Field visits to environmentally important sites (c) organize rallies to spread environmental awareness (d) tree plantation and cleanliness drives, maintaining parks and gardens and other programmes on environmental issues.

UNIT-VI

INDIVIDUAL AND SOCIETY

1. Write an essay on the tenets and ethical values in Hinduism OR Islam.

Ans. Hinduism: Hinduism is the oldest religion in the world. It is the dominant religion in India and consists of several diverse traditions, namely vaishnavism (worshipping vishnu) and shaivism (worshipping of shiva) and shaktism (worshipping of Devi).

"Unlike other religions in the world, the Hindu religion does not claim any one Prophet, it does not worship any one God, it does not believe in any one philosophic concept..... in fact, it does not satisfy the traditional features of a religion or creed. It is a way of life and nothing more".

Followers refer to Hinduism as Sanatana Dharma, the 'eternal law' or the 'eternal way'. The Sanatana Dharma enjoins Hindus to practise honesty, self-restraint, generosity, goodwill, mercy and purity.

Some Core Beliefs of Hinduism

1. Belief in the divinity of the Vedas
2. The universe is an endless cycle of creation, preservation and dissolution. Lord Brahma brings about creation, Lord Vishnu maintains the universe and Lord Shiva represents the principle of dissolution and re-creation. Together they form the Trinity.
3. An individual creates his own destiny by his thoughts, words and deeds. This law of cause and effect is called Karma.
4. A master or a guru is essential to follow the right path.

The BhagavadGita's message of selfless action is a source of perennial inspiration and is relevant for all ages and times. There are several commentaries which analyze in great depth various aspects of the Gita such as delineation of the concepts of Dharma, Bhakti, Yoga, Samkhya and Moksha. But, put in simple terms, the essence of the Gita is that we should do our duty for its own sake, without any expectation of reward. This is a message which is particularly useful for youth.

The Ramayana deals with values like friendship, mercy and benevolence. We learn from the epic about the consequences of making promises rashly and what happens when a person, who is virtuous in all other ways, loses his reason and abducts a pious lady against her will. Dasratha dies, pining for his son, while Ravana is killed in war, thereby meeting an inglorious end.

Mahabharatha written by Vyasa, consisting 1,00,000 slokas, throw open for discussion and analysis questions dealing with morality, behaviour and ethical values.

The Mahabharatha contains an elaborate exposition of the social code. The aims or ends that are sought by man are described as Purushartha. The four purusharthas are Dharma (righteousness), Artha (prosperity), Kama (desire) and Moksha (spiritual liberation). Artha means 'that which one seeks'. It refers to the job one has, wealth, property and material aspects. Kama

Junior Intermediate Ethics and Human values

or desire is intertwined with artha. Man seeks pleasures in life and derives joy from material objects and relationships. He uses artha to satisfy kama. However, man should not deviate from dharma. Dharma means 'to sustain' or 'to support'. Dharma is the backbone of society. It defines the duties and responsibilities of man, both as an individual and as a member of society. Moksha, derived from the root 'muk', means 'to release' or 'be free'. Moksha is the ultimate goal in life. Once man overcomes avidya or ignorance, he will no longer be attached to worldly objects. He will attain the highest knowledge and his soul becomes liberated.

OR

Islam: Islam means submission to the will of Allah and Almighty. A true Muslim believes in the knowledge. A Muslim will offer 5 times prayer daily, paying two and half percentage of his wealth towards zakat (charity) every year to poor, and needy people.

Islam has laid some fundamental rights to be observed and respected under all circumstances. To achieve these rights Islam provides legal safeguards and a very effective moral system. Whatever leads to the welfare of the individual is morally good. Whatever is injurious is morally bad. Islam attaches lot of importance to the love of God and love of man. Islam defines the responsibilities and rights of various relationships. Our first obligation is our immediate family - parents, husband or wife and children, then to other relatives, neighbours, friends, orphans and widows, the needy of the community, our fellow Muslims, all our fellow human beings and animals. Islam teaches that in the sight of God all are equal. Human brotherhood in Islam is based on an unshakable belief in Oneness and Universality of God. For the Muslim, God is One, Eternal and Universal.

Q2. Write an essay about the important teachings and values in Buddhism OR Jainism.

Ans. Buddhism: Buddhism is a religion which originated in India in the 6th century B.C. It is a nontheist religion as there is no belief in a Supreme Being or God. It is based on the teachings of Siddhartha Gautama, commonly known as the Buddha or Enlightened One. There are two schools of Buddhism - Theravada and Mahayana, both of which spread throughout various countries in Asia. It is estimated that there are about 500 million Buddhists worldwide today.

Gautama was born in a princely family in 563 B.C. in Lumbini, a town in modern day Nepal, to Suddhodana and Mayadevi. It was decided that he would become either a great king or a monk. At the age of 29, Gautama went beyond the palace walls and came face to face with suffering for the first time in his life. He saw an old man, a sick man, a corpse and, finally, an ascetic. Moved by the experience, Gautama abandoned his kingly life and also left his wife Yashodhara and son, Rahul, to seek enlightenment. In his spiritual quest he met many renowned teachers and subjected himself to severe penance, almost starving himself to death. He realized that self mortification was not the answer. At the age of 35 he sat under a Bodhi tree in Gaya and meditated for several days. It was there that he became enlightened and was, thereafter, called the Buddha. He delivered sermons and taught the path of awakening.

Buddhists are expected to:

1. **Avoid taking the life of beings:** All beings have a right to life and that right should be respected. Buddha did not advocate vegetarianism but said that animals should not be killed for the sake of meat. Mahayana Buddhists, however, are strict vegetarians.
2. **Avoid taking things not given:** A person should not steal or take anything not intended for him.
3. **Avoid sensual misconduct:** Any overindulgence of the flesh should be avoided, including greed.

and gluttony.

4. **Refrain from false speech:** One should avoid telling lies or saying things that may harm another.
5. **Abstain from substances that cause intoxication and heedlessness;** example : alcohol and drugs.

OR

Jainism: Jainism lays great emphasis on the principle of non-violence and equality. The conquering of passions and desires is a fundamental principle of Jainism. It declares that the universe is independent and self-sufficient. There is no superior power. The cosmic wheel of kalachakra rotates without a pause. It is divided into Utsarpini and Avasarpini. Utsarpini is a period of prosperity and happiness while Avasarpini is a period of increasing sorrow. The soul is pure and possesses infinite knowledge, bliss and energy.

One of the principal tenets of Jainism is Non-violence. It is the most distinctive feature of Jain religious practice. It does not merely mean abstaining from violence but applied in every aspect of everyday activities. Jains believe that even the smallest insects should not be harmed. Jains are strict vegetarians. Some do not eat, root vegetables like the potato. The reason is that tiny organisms may be injured when the bulbs or tubers are pulled out of the soil. Harsh speech is viewed as a form of violence. Jainism lays a lot of emphasis on self-control. Ascetics are expected to follow more rigorous standards of self-control. They have to undertake five major vows - Ahimsa; Satya; Asteya; Brahmacharya; and Anarigraha.

Jainism places a lot of importance on meditation as it helps one to control passions and thoughts. The type of meditation practised by Jains is called Samayika. The aim of Samayika is to understand eternal truths and attain bliss. Fasting, particularly during festivals, is an important practice in Jainism.

3. **Write an essay about the important teachings and values in Sikhism OR Christianity.**

Ans. Sikhism: Sikhism is a religion founded by Guru Nanak. "Guru Granth Sahib" is the holy book of Sikhs. Sikhism declares that the universe was created by the will of God. He is omnipresent and omnipotent and reached only by those who are spiritually enlightened. Salvation lies in union with the akaal. Maya distracts one from the goal and prevents one from achieving this union. Meditation along with the chanting of God's name helps one in spiritual progress. Good company is greatly beneficial for spirituality and helps one to break free from the cycle of rebirth. Guru Nanak asserted that while realization of Truth is important, more important is Truthful living. Spiritual and secular lives are intertwined in Sikhism. A life of purity, self-control and truthfulness is deemed superior. Sikhism rules that one should fight oppression, injustice and the violation of Dharma.

All Sikhs are ordered to carry kirpans. Guru Nanak emphasized the concept of service. He established the system of the Langar which symbolizes the spirit of sharing and equality. Sikhs are expected to serve humanity with their body, mind and wealth. Sikhism declares that all men are created equal and shuns discrimination based on caste, creed or gender. Women are accorded equal rights as men. Sikhism cautions about the weaknesses which should be crushed. They are lust, anger, greed, infatuation and ego. These vices can be subdued by chanting the name of God, engaging in community service and following the Five Virtues of Truth, Compassion, Love, Contentment and Humility.

OR

Christianity: Christianity is the world's largest religion with approximately 2.2 billion followers. It is a monotheistic religion (belief in a single all-powerful god), based on the life and teachings of Jesus as presented in the New Testament of the Bible. Christians refer to Jesus as Christ or the Messiah, the promised saviour. Christianity began as a Jewish sect in the mid-1st century and gradually spread to the rest of the world through missionary work and colonization.

The Gospels are the written accounts of the life and teachings of Jesus. The Gospels of Mathew, Mark, Luke and John are considered canonical or authentic religious texts. The Apostles' Creed is the most popular statement of the articles of the Christian faith which are acceptable to most Christian denominations. The main points include:

- Belief in God the Father, Jesus Christ as the son of God, and the Holy Spirit
- The death, resurrection and ascension of Christ
- Christ's Second Coming, the Day of Judgement and salvation of the faithful.

They present a set of Christian ideals that focus on a spirit of love and humility, mercy, spirituality and compassion.

It is not enough merely to refrain from harming others. We are expected to work actively for the good of others, including our enemies, and treat everyone with the same love and compassion that we would ourselves like to receive.

4. Discuss the need for religious tolerance. Enumerate some of the important concepts of any religion you admire.

Ans. Religion is the foundation of ethical life. Qualities like truth, self-control, humility and detachment can be inculcated through religion. It is natural for every person to take pride in his religion. In a democracy people of all faiths have the freedom to follow the religion of their choice and observe all the customs and rituals associated with it. In India, people of different religions, castes, tribes, sects live together. They should understand the essence of all religions and realize that religion helps to lead a value-based life. Religious tolerance can be attained by establishing peace, helping the neighbourhood, living ethically, showing love towards all and developing fraternity among all the religions.

I admire Hinduism. It is the oldest religion in the world. It is the dominant religion in India and consists of several diverse traditions, notably, Shaivism or worship of Shiva as the supreme God, Vaishnavism or worship of Vishnu as the supreme God and Saktism or worship of Devi, the Divine Mother. Major scriptures include the Vedas, Upanishads, Puranas, Ramayana, Mahabharata and Bhagvad Gita. The term 'Hinduism' was introduced to denote the religious, philosophical and cultural traditions followed in India. Unlike other religions in the world, the Hindu religion does not claim any one Prophet, it does not worship any one God, it does not believe in any one philosophic concept. It does not satisfy the traditional features of a religion or creed, but it is a way of life and nothing more.

UNIT-VII**PROFESSIONAL ETHICS**

1. Enumerate some ethical norms that should be followed by teachers and doctors.

Ans. Teachers are expected to be good at their subject and maintain high standards of morality. They should observe certain ethical norms.

1. A true teacher should be a lifelong learner; sensitive to the needs and feelings of students to draw out the best from each child.
2. Never insult a student as the child may be demoralized, sink into depression; resort to positive reinforcement and try to avoid punishment as far as possible; be a role model to inspire the students; strive to be a friend, philosopher and guide to students; be ready to listen patiently to the problems and difficulties of students, whether related to academics or pertaining to their personal life; and, play a stabilizing role in the life of students by showing tolerance, sympathy and compassion.

Commercialization has become common in Doctors. Doctors charging exorbitant fees, prescribe unnecessary tests or refer patients to several specialists are unethical. They should be motivated by a desire to serve the sick or needy. They should not accept expensive gifts given by medical companies for prescribing medicines of that particular company. These unethical practices should be curbed. Doctors should follow ethics in treating patients with love and affection.

2. What are some of the ethical practices that should be adopted by politicians and the police?

Ans. 1. A good politician should have personal integrity and spotless standards of morality.

2. commitment to the welfare of the people.
3. thorough grasp of the problems and issues.
4. prioritise problems and not resort to populist promises.
5. efficient allocation and utilization of funds and resources.
6. speedy implementation of welfare and developmental schemes.
7. courage to withstand external influences and internal party pressures.
8. innovative thinking and problem solving.
9. following the laws, including those related to election funding and accounts.
10. excluding corruption, nepotism and misuse of power.
11. compassion for people, particularly the under-privileged and weaker sections of society.
12. respect for women.

Junior Intermediate **Ethics and Human values**

13. maintaining the highest standards of propriety.
14. fairness and decorum in the legislative Assembly, Parliament and government offices as well as in public.

Police are expected to note the guiding principles while discharging their duties:

1. respect the rights of all citizens
 2. enforce all laws strictly without fear or favour
 3. use force only when persuasion, advice and warnings fail.
 4. strive to prevent crime
 5. earn the confidence and respect of the members of the public.
 6. be sympathetic and responsive to all members of the public, particularly considerate to the under privileged and women.
 7. be courteous and pleasant in dealings with the public.
 8. Maintaining high standards of honesty and integrity.
 9. be always in a state of preparedness for action by constant training.
 10. and rise above personal prejudices and promote a spirit of harmony and brotherhood which cuts across differences in caste, creed and religion.
3. The highest standards of morality should be observed by those in the Civil Services and the Judiciary. Do you agree?

Ans. The highest standards of morality should be observed by those in the Civil Services and the Judiciary. As members of civil services and judiciary wield so much power and shoulder so much responsibility, it is only appropriate that they should follow the highest standards of integrity and morality both in public as well as in private life.

There is no specific code of ethics for civil servants. Civil servants are required to 1) discharge official duty with responsibility, honesty, accountability and without discrimination; ensure effective management, leadership and development 2) avoid misuse of official position or information, serve as instruments of good governance and foster social and economic development 3) should be guided in their decisions only by public interest 4) they should not make personal profit by accepting money and other favours 5) decisions should be based on merit alone 6) service should be rendered in a fair, effective and courteous manner 7) show unstinting devotion towards their duties and responsibilities and 8) exhibit good behaviour.

The judiciary is the branch of the government which interprets law and applies it to the facts of cases which deal mostly with civil disputes, crimes and family disputes. Civil law deals with disputes between individuals, organizations such as property disputes. Family law deals with cases such as divorce cases. Criminal law deals with offences like robbery and murder. Cases are argued by both the parties in the court and the resolution of the cases takes place by the pronouncement of the verdict by the judge. Therefore they should have high standards of morality.

4. Write an essay on ethical practices that should be followed in Corporate management and business.

Ans. Business companies are concerned mainly to make the maximum profit and returns on investment. They are mostly not concerned about the social or environment or about issues related to the welfare of employees. It was enough if the company functioned within the purview of the law. Now, many companies framed social responsibility charters and declared their commitment to ethical practices of conducting business. Business Ethical issues include the rights and duties between a company and its employees, customers or clients, share-holders, competitors and the general public. It encompasses diverse areas and issues such as protection of the environment, employee welfare measures, fair trade practices and marketing strategies, transparency about potential health risks, correct declaration of revenues and profits and so on.

The ethical practices that should be followed in business include: 1) children should not be employed 2) proper wages should be paid to workers. 3) medical facilities be provided 4) working conditions must be comfortable and safe 5) working hours and holidays should conform to the labour laws 6) a product being sold should meet the requirements of the client 7) quality control should be maintained 8) goods should be weighed correctly 9) harmful colours and preservatives to make food items attractive should be avoided 10) artificial scarcity of goods should not be created 11) during times of natural calamities traders should not sell goods at exorbitant prices 12) the duty of a salesman does not end with selling the product 13) defective goods should be replaced without harassing the customer.

5. Write an essay on ethical practices that should be followed in general by people of all professions.

Ans. The word 'professional' is generally used to refer to well-educated people who possess specialized skills and knowledge. Ex: Doctors, engineers, scientists, lawyers and teachers are professionals. Most professionals are required to follow strict codes of conduct. These standards of morality and professional conduct are laid down by professional associations pertaining to that particular field. The purpose of the code of conduct is to preserve the integrity of the profession and ensure that the public is protected from exploitation and deception. Professional Ethics can be defined as the personal, organizational and corporate standards of behaviour expected of professionals. While some of the provisions of the code are enforceable by law, the rest serve as guidelines.

Professionals enjoy high status and respect in society. The doctor and the teacher are equated to gods. It is not surprising, therefore, that professionals are expected to follow exemplary standards of behaviour in their dealings with clients and with other members of the group. They are expected to be motivated by the spirit of public service and concern for the deprived rather than concentrate on accumulating personal wealth. Honesty, impartiality, accountability, confidentiality and transparency are some of the other qualities and practices they are expected to follow. The public would be greatly benefitted and life would be much smoother if people follow professional ethics in all spheres.

UNIT-VIII**HEALTH AND NUTRITION**

1A. Write a short essay about some of the important nutrients that are needed for good health during adolescence, including important sources and effects of deficiency.

Ans. Adolescence is the stage between childhood and adulthood from 13 to 19 years. Nutrition needs are highest during that period. Lack of proper Nutrition can delay growth, affect health and make a person prone to chronic diseases.

Adolescents need 2000-2500 calories per day, depend on weight, build, type of work they do. Boys need more calories than girls. It is important that calorie intake should be such that 50-60% carbohydrates, 20% proteins and 15-20% fat. Carbohydrates are major source of energy. Ex: rice, wheat, oats, barley, millets, pulses. Fibre is found in vegetables, fruits and cereals. Regular intake of fiber helps to prevent heart diseases, some types of cancers. Refined and processed food should be avoided. Proteins are necessary for building and repairing body tissue. Adolescents need 45-55 gms of proteins in a day. Meat, milk, Fish, Egg, Pulses, legumes, Nuts, seeds contain proteins. Micronutrients like vitamins and minerals are also required. A diet should contain low in fat, moderately high in carbohydrates and rich in protein is ideal for adolescents.

1B. List out 15 guidelines that should be followed by adolescents regarding food habits and exercise.

Ans. Food habits & exercises to be followed :

1. Take a variety of grains and pulses. A diet containing whole grains, pulses, vegetables, fruits and milk can prevent most deficiency diseases.
2. Fresh vegetables and fruits should be consumed in plenty as they are rich in nutrients and for nutrient benefits of different foods.
3. Milk, eggs and meat should be included in the diet. Vegetarians should consume more pulses and Lentils, milk and curds.
4. Foods which are rich in iron should be eaten.
5. Fried foods should be consumed in moderation. Different types of cooking oils should be used by rotation.
6. Processed foods should be avoided as they contain additives like chemical preservatives, colour, excessive salt and sugar.
7. The intake of sugar should be restricted.
8. Salt intake should be restricted.
9. To drink 3-4 litres of water every day as it helps to flush out toxins and waste products from the body and aids digestion.

10. Breakfast should not be skipped.
 11. Meals should be had at regular timings.
 12. Eat in a peaceful environment avoid watching T.V while eating to relish the food.
 13. Regular physical activity be incorporated into the daily routine. Exercise increases muscle and bone strength and burns excess fat. Exercise helps to maintain the ideal weight and prevents obesity.
 14. Exercise has psychological benefits as it improves mood and reduces depression.
 15. 8 hours of sleep every night as the body repairs itself and get rest. One feels refreshed and active after a good night's sleep.
2. Write a short essay about the spread and prevention of communicable diseases.

Ans. Communicable diseases are those that spread from person to person through pathogens i.e. disease causing organisms such as virus, bacteria, fungus and protozoa. Common communicable diseases in India caused by virus include chickenpox, measles, flu, chikungunya, dengue fever, viral hepatitis and pneumonia. Typhoid, leprosy and cholera are examples of diseases caused by bacteria. Ringworm and athlete's foot are spread by fungi while malaria is caused by protozoa.

The most common way communicable diseases spread from person to person is by transmission of germs through air. Sneezing and coughing cause germs to be expelled. Influenza, diphtheria and whooping cough spread in this way. Diseases like cholera, dysentery, typhoid and infective hepatitis spread through the contamination of food and water. Diseases like T.B. spread among close members of the family who have prolonged contact with the infected person. Malaria, dengue and chikungunya are spread by the bite of mosquitoes which harbour the parasites. Plague is a disease spread by rats.

Many communicable diseases can be prevented to a large extent by following simple precautions based on common sense. Some of them are 1) washing hands frequently 2) Food should be prepared and served in a hygienic manner 3) Sterilized clothes and gloves should be always used 4) Keep the house and office clean 5) water should not be allowed to stagnate in any area 6) personal articles like tooth brushes, combs, towels and razors should not be shared 7) cover your mouth and nose while coughing and sneezing as this can prevent transmission of germs 8) Remain home when sick 9) drink purified water and eat in hygienic places 10) Dispose of garbage carefully 11) Pets should be kept clean and should be regularly vaccinated against rabies and other diseases 12) take all required vaccines as several communicable diseases can be prevented by taking vaccines 13) practise safe sex practices 14) eat nutritious food 15) Nutritious food keeps the body strong and builds immunity to various diseases.

3. What are the causes of risk behaviour among adolescents and how can such behaviour be checked?

Junior Intermediate Ethics and Human values

Ans. Adolescents or Teenagers are generally called "Troubled Teens". Teenagers sometimes display (1) Poor self control (2) Poor Judgement (3) Poor in decision making.

Risk taking behaviour is due to consumption of alcohol, rash driving, street racing, unsafe sexual activity and aggressive and violent activities including crime.

Causes of risk behaviour is due to (1) Incomplete development of brain

(2) Spurt in hormones, such as stress hormones, sex hormones, growth hormones.

(3) Peer pressure: taking alcohol or taking drugs due to influence by others in a group.

(4) Assertion of individuality.

Now a days students (teens) are addicted to alcohol, going to pubs enjoying with friends, taking drugs and enjoying them selves in an uncontrollable manner due to lack of self control and over freedom given by parents. Parents should control the teens by constant watching of their activities. Other wise they will become "Troubled Teens"

4. Discuss the effects of substance abuse. How can substance abuse be prevented?

Ans. Substance abuse is a disorder characterized by the deliberate use of a substance which causes significant physiological harm. Such substances include nicotine, alcohol and illegal drugs like LSD. Substance abuse can cause neurological, respiratory and cardio-vascular damage, depending on the type of drug and dosage. Initially a small dose of the substance is enough to give a feeling of euphoria but later increasingly large amounts of the substance may be needed to experience the same intensity of sensation. Sudden stopping of the abused substance gives rise to withdrawal symptoms which may be unbearable, such as tremors, severe depression and seizures. Risk behaviour increases when drugs are taken and may result in fatal injuries.

Substance abuse prevention is effected at three levels - primary, secondary and tertiary. At the primary level the aim is to reduce incidence, at the secondary level the aim is to reduce prevalence while at the tertiary level the focus is on treatment and rehabilitation. The family, school, community and neighbourhood can play a crucial role in inculcating good values in adolescents and ensuring that teens are sensitised to the dangers of substance abuse. The individual should develop enough self-worth and self-confidence to be able to refuse drugs even if pressurised by friends. The government can play a vital role in the prevention of substance abuse by Legislation. They conduct campaigns highlighting the dangers of substance abuse and also run counselling centres and de-addiction centres.

UNIT-IX**ETHICS IN SOCIAL MEDIA AND TECHNOLOGY**

1. Describe some of the advantages and disadvantages of the internet.

Ans. Advantages: One of the benefits of the Internet is availability of vast resources. The information that is accessible on the Internet is practically infinite. One need not go all the way to a library in search of information. It is not just the amount of information available but also the speed at which it can be accessed. It takes just seconds for a website to open and within minutes one can find the answers to questions and one can explore topics in a detailed, comprehensive manner. E-mail provides effort less communication with friends and family. With the use of the Internet we can 1) listen to music, 2) watch movies and 3) play online games. 4) Office Work can be completed at home on a computer. 5) Internet banking has made it possible to pay utility bills on-line, transfer money. 6) One can book railway, bus and aeroplane tickets, make hotel bookings without leaving home. 7) We can shop for different goods online.

Disadvantages: 1) excessive dependence on technology and addiction 2) losing connection with the real world in which they live 3) loss of skills 4) break-down of family ties 5) inability to communicate in the real social world 6) blurring of distinction between office time and home time 7) unethical usage of the internet 8) easy access to indecent sites 9) the information available on websites may not always be accurate and may need to be crosschecked 10) safety of children compromised 11) fraudulent profiles, false job offers etc. 12) hacking of accounts 13) lack of physical exercise 14) increase of electro-pollution.

2. List out some guidelines for youngsters regarding the proper and judicious use of the internet.

Ans. The Internet is a fantastic tool of modern technology but adolescents should follow certain guidelines.

1. spend only a limited amount of time on computer. A computer cannot be a substitute for a friend or family member.
2. spend time outdoors in games and social interaction with friends and family.
3. use Internet mostly for information and partly for recreation.
4. have a frank discussion with their parents about various aspects of Internet usage, such as amount of time spent daily on the net, timings and purpose.
5. agree to parental supervision and frequent checks of what they have been surfing or doing on the net.
6. promise not to visit sites that are not suitable for them.
7. never reveal passwords to anyone, except to parents.
8. Personal details such as name, address, school or college, telephone number etc should never be disclosed to strangers on networking sites.
9. Teenagers should avoid meeting online acquaintances except with parental approval.
10. Teenagers should immediately inform parents if anything inappropriate or odd takes place while interacting with others on social networks.

11. Emails from unknown persons should not be opened as they may contain VIRUS.
 12. Credit cards of parents should not be used without prior permission to buy goods online.
 13. Teenagers should observe net etiquette.
3. Your friend has bought her first mobile phone and is asking you for some general advice about the usage of mobile phones. How would you guide her?

Ans. I guide her, 1) Mobile phones should either be switched off or kept in silent mode not be used in class 2) It is impolite and discourteous to talk loudly over the phone in public places 3) Talking on the phone while driving is dangerous and also illegal 4) Avoid too much texting on the mobile as it results invariably in the excessive use of abbreviations. 5) Avoid excessive texting leads to distortion of language 6) The use of the phone should be avoided while the battery is being charged 7) It is advisable to speak not more than half an hour on the mobile every day as mobile phones emit electro-magnetic radiation 8) It is rude to look into the messages of others 9) It is advisable to use a password for opening the phone; If the mobile is a 'smart phone' and has Internet connectivity 10) Avoid using the smart phone for banking and other sensitive transactions in public places having wireless connectivity as data can be compromised (stolen).

4. Describe how privacy and personal safety can be compromised unknowingly by users of the internet. What precautions should one take to avoid becoming a victim of cyber-crime?

Ans. It is possible to communicate with friends and relatives across the world with extreme ease through social networking sites. We can chat with them and send messages instantly, either individually, or even in groups, besides holding video conferences. We can also upload our photos and videos. Users of Social Networking on the Internet sites can create and modify their profiles and upload photos, videos and information about themselves. They can accept other users, including relatives, friends, colleagues, teachers as well as total strangers as 'Friends'. Privacy settings can be customized for different types of 'friends'. There are many risks involved in visiting social networking sites. A new person to the Internet may not be even aware of these risks.

Cyber-crimes are steadily increasing day by day and result sometimes in the loss of one's entire savings and even in loss of life. Teenagers should remember that the primary purpose of social networking sites is to stay in touch with friends and family. They should not make friends with strangers or people who promise lucrative jobs like modelling careers or movie roles. Teenagers should discuss with their parents if anyone unknown tries to make "friends" with them on a social networking site. Social networking sites should not be used to post offensive messages about friends or to gossip about others. Inappropriate photos of oneself or one's friends should not be posted.

Personal details like address and telephone number and passwords should never be revealed on social networking sites.

UNIT-X**ETHICS, VALUES AND THINKING**

1. Discuss the importance of Ethics and how values can be inculcated.

Ans. Ethics refers to behaviour in accordance with the societal values because of having internalised them and having accepted them as one's own. An individual is ethical if he behaves in accordance with a principle at all times and not just when it suits him. India has diversity with different languages, religions, castes, and classes believing in the principle of 'unity in diversity'. This diversity leads to differences among people of different castes, religions, languages, areas; the rich and the poor; the urban and the rural, etc. In a country with so much diversity, it is very important to live in peace. The preamble to our constitution encourages this. The designers of our Constitution wished that the people of India live in peace with justice, liberty, equality, and fraternity.

The people of the society should act according to the basic principles in the constitution. They have to shoulder their responsibilities and discharge their duties. Only such people can contribute to the development of the society. Working together, respecting others, respecting other languages; protecting public and private properties; being optimistic; sincerity, self-discipline, team spirit are some of the values that should be developed among children. The aim should be to develop awareness that one's actions play a role in the future of the nation; that one can influence what happens in society. Values related to Social Responsibility include the spirit of equality, co-operation, protection of culture, following rules and regulations, religious tolerance, peace, living together, aspiring peace, preservation and conservation of nature should be developed.

2. Write an essay about the various aspects of Reflective Thinking.

Ans. Reflective thinking is also known as critical thinking. It is a dynamic process. By reflective thinking, you are able to construct, new and deeper understanding, articulate knowledge in a more meaningful way.

A Reflective thinking had three phases.

- (1) A detailed recounting (or) recollection of the events.
- (2) Attending to feelings, both positive and negative.
- (3) Re-evaluating self knowledge, bringing new knowledge.

There are barriers for reflective thinking. Possible barriers are (1) external (people, environment, social force).

2. Internal: (Lack of self awareness, confidence, negative experiences)

Reflection needs approach

- (a) be curious (b) being patient (c) being tolerant (d) being open (e) being honest.

By following all, one can develop reflective thinking. It will improve analytical knowledge, deep knowledge, and critical analysis of problem and also problem solving.

3. Differentiate between Critical Thinking and Creative Thinking.**A.****Critical Thinking**

1. Critical thinking is exercising or involving careful judgement or evaluation. It is a very important skill to develop. We can analyse and understand many things in this fastpaced world and move ahead in life only if we have the ability to think critically.
2. Critical thinkers are able to be open minded about new ideas.
3. Critical thinkers should be intellectually independent; know when there is a need for more information about something; ask questions; base their judgements on evidence; look for connections between subjects; analyse and understand concepts, information, and behaviour.
4. Critical thinkers break things down and separate fact from opinion, question everything that doesn't make sense.
5. Critical thinkers try to avoid common mistakes in reasoning and try to separate emotional thinking from logical thinking.

Creative Thinking

1. Creative thinking is having unusual and innovative thoughts, and being able to put things together in new and imaginative ways. It is like thinking outside of the box.
2. Creative thinking ability develops new and imaginative ideas, concepts, and plans to help us to solve problems better.
3. Creative thinking calls for taking risks and stepping past what we know. Creative thinkers do not get hooked on finding the right answer as there can be many right answers in a creative process and it depends on your point of view.
4. Creative thinkers don't always be logical as sometimes we need to look at something in a very different or not so logical way to create a better way. Break the rules of thinking as new break throughs have happened because of some one not always following the rules.
5. Creative thinkers allow one to be playful as creativity is a fun process; be a little foolish to free your mind to think new thoughts.

4. What are some of the topics in your textbook on Ethics that you found interesting and useful? Discuss in brief.

Ans. The following topics in our ethics text book are interesting and useful.

The constitutional values of India Topic is highly useful, as it deals with our constitution, fundamental duties.

The topic individual and society deals with good qualities that students should develop. Life skills topic is highly useful. Environmental concerns, professional ethics, health and nutrition, topics are personally useful to every day. Need of the hour is to know environmental pollution, health hazards, nutritional needs.

Over all, the topics covered in ethics text book are very good and useful.

PROJECT WORK IN ETHICS

The aim of project work is to sensitize students about some of the issues that are dealt with in the textbook through field trips, interviews and discussions, and to encourage them to reflect on these issues as responsible citizens of the nation.

The list of ideas given below serves merely as a guideline and is by no means either exhaustive or binding. It is left to the discretion of junior colleges to choose projects which are suitable for their students, depending on the location of the college, the background of the students etc. The only prerequisite is that teachers should not dictate essays but encourage students to actually participate in a project, no matter how small or simple it is.

GROUP PROJECTS (20 Marks)

Students could go on a local field trip and submit an account in about 5 pages. Students can be divided into groups of 5 and one written account can be submitted per group. Different groups can undertake different projects so that the logistics are manageable and there is also sharing of experiences/ ideas. Students are advised to prepare a list of questions before hand so that they are more focussed. Some suggestions:

1. A field trip/ visit to any place in the town, village or district (in which the college is located) that is associated with a person of noble ideals. The person need not be famous. He/She could be a philanthropist/ educatorist/ social worker. For eg. students in Hyderabad can be taken to Bapu Ghat, Langar Haus.
2. A visit to the Gram Panchayat/ Mandal Parishad Office/ Zilla Parishad Office/ Municipal Corporation or any local governing body. (Talk to some of the officials and find out about various aspects related to the functioning of that institution - meet members of the public - reason for visit - a governance or paper files)
3. A visit to a local government school (strength of classes—mid-day meals—whether provided— whether more girls or boys (if co-ed)—reasons for drop outs— talk with teachers, students)
4. A visit to a place of worship (When constructed— is there a deity—mode of worship— rituals—festivals— talk to priest). 2 persons or more, of different religions (they could be parents), can be invited to give a talk about beliefs, traditions. It would be interesting if people following less known religions such as Buddhism, Jainism and Sikhism are invited.
5. A visit to a cyber café (talk to owner and users— how often users visit— primary purpose - is it to check email, jobs, surfing— social networking—their opinion about need for government control—parental supervision)
6. A visit to a gymnasium/gyamshala (how many members—purpose of joining— regularity— which exercises—types of machines— any women—talk to trainer and members)
7. A visit to a government hospital or dispensary (how old—facilities—strength of staff—talk to doctors/nurse/ patients— problems—suggestions)
8. A visit to an old age home/ vrudhashram (how many inmates—why are they staying there—where are their children— voluntary choice or forced—are they happy—facilities)
9. A visit to a zoo/park (preservation of environment—species of animals/plants—area—number of visitors per day— maintenance— talk to animal keepers/ gardeners)
10. A visit to a Mee Seva Centre (different services offered— structure of fees for services— talk to some members of public— why they have come— are they satisfied—time/ transparency/ charges)
11. A visit to a Fair Price Shop/Ration Shop (size of shop—hours of functioning—what items available— difference in price compared to open market— talk to customers— are they satisfied with service— easy availability or not— do they prefer this system or direct cash transfer)
12. A visit to the Pension Office (where located—categories of pensioners—National Social Assistance programme—amount given on an average to different categories—talk to old age pensioners, widows, disabled people— any complaints—happy with service/ amount or not— do they prefer direct credit in accounts or coming physically—why)
13. A visit to a Hotel (how big—items served—hygiene— whether small children being employed— talk to owner / waiters / cleaners — pay—living conditions)
14. A visit to a Ratu Bazaar (Sabji Mandi) (how big—variety of vegetables—cost—from where brought—profits—problems)
15. A visit to an industry (what is being manufactured—number of workers—safety precautions— working conditions—pay protection)
16. A visit to the Institute of Nutrition (types of research being done—indigenous foods— genetically modified crops—information displayed—how useful for teenagers)
17. A visit to a Food Processing Unit (Items being made—chemical additives and preservatives— shelf life of products—work place—hygiene measures)
18. Invite elders of the locality (including parents) to give talks about social evils like dowry, caste system, gender discrimination and also about the generation gap/ need to take care of elders/ duties as a member of society
19. Set aside half a day for cleaning the premises of the college and planting a few saplings. The saplings should be taken care of and watered every day by the students themselves.

INDIVIDUAL PROJECT WORK (20 Marks)

Students are expected to complete a small project on their own. They can be assigned different projects for the sake of variety and creativity. They can either submit an essay in about 5 pages or draw a chart. The best charts can be kept on display. Some suggestions are given below:

1. Write an essay about your favourite TV serial/ movie in terms of the ethical values that are portrayed by various characters.
2. Have a talk with a person who is more than 60 years old. Ask him/her to describe how life was in their youth and the changes over the decades (food/life style/ mode of transport/ entertainment/ work culture/ family relationships). Write an essay.
3. Find out from books or the internet about 5 foods that are healthy and 5 that are not, in terms of nutritive value, and submit your findings in an essay/ a chart.
4. Interview a tailor/plumber/construction worker/sweeper/ shop assistant or a person in any other vocation. Find out how ethical practices can be observed by them/ their problems/ suggestions. Write an essay.
5. Draw a chart to show the advantages and disadvantages of the internet/mobile phones/ social networking.
6. Draw a chart to show. The benefits of regular exercise.
7. Draw a chart to enumerate some prominent beliefs/practices in any religion.
8. Draw a chart to highlight the ethical norms that should be followed in a particular profession (teaching/ medicine/ law/ business etc or any other even if not given in the text).
9. Draw a chart about ways of preventing communicable diseases/ avoiding risk behaviour/ substance abuse.
10. Draw a chart highlighting the various aspects of any social evil like dowry/ untouchability/ gender discrimination/ religious intolerance.
11. Draw a chart pertaining to any aspect of life skills.
12. Draw a chart about the harmful effects of pesticides/ plastic.
13. Draw a chart pertaining to the need for conservation of the environment (eg protection of forests/ protection of animal species especially those in danger of extinction/protection of water bodies)
14. Draw a chart highlighting any aspect of the Indian Constitution (Fundamental Rights/Duties/ Directive Principles/ National Emblem).
15. Draw a chart highlighting the useful work being done by organizations like the NCC/NSS/NGC.

EXAMINATION PATTERN

General Instructions to Lecturers: The Examination in the subject of ETHICS comprises a total of 100 marks. The break-up of marks is as follows:

- | | |
|---|------------|
| 1. Theory Examination consisting of 4 essays of 15 marks each | : 60 marks |
| 2. Group Project | : 20 marks |
| 3. Individual Project | : 20 marks |

For the purpose of the written examination, in order to provide wide choice to the students, the 10 chapters are being placed under 4 sections A, B, C and D. Two/Three questions will be given under each section. The student has to answer one question from each section.

Students may take the following Ethics and Human Values projects. Students should take the initiation of concerned lecturers while preparing the project work. Some projects are to be prepared individually and some are to be prepared groupwise. Each project work stands for 20 marks.

1. **Individual Project** : 5 model projects are given here and separate charts are given for each. Prepare a detailed report - based on the chart and project about 5 pages.
 2. **Group Project** : 5 model group projects are given. General guide lines are given. As per Guide lines prepare a essay about 5 pages submit a group report.
-

MODEL GROUP PROJECT-I

- Name of the Activity** : A visit to an old age home
- Type of Activity** : Group Activity
- Group of 5 students can visit and collect the data and submit detailed report
- Information to be collected** : Group members can visit the nearby old age home and they have to collect the information that how many inmates are residing and the reasons why they are staying, where are their children, Did they join voluntarily or forcibly, are they enjoying the comforts. Students should observe the feelings and emotions of the old age people and they should get information about their health status.
- Suggestions** : Children should know the importance of old age people in the family. Children should respect old age people. They should take care of health of old age people in a family.

Signature of the Student

Signature of the Concerned Lecturer

MODEL GROUP PROJECT-II

Name of the Activity	: A visit to Community
Type of Activity	: Group Activity
Information to be collected	<p>: A group of 5 members should go to the community visit and they should collect the information about the dowry system or untouchability, gender discrimination, regionalism which are practising in that community.</p> <p>For development, these social evils should be eradicated. Students should list out the evils and they have to give strategies to eradicate these evils</p>
Observation	: By interviewing or thorough observation students should get the information about the evils which are acting as obstacles for development.
Suggestion	: students should take part to prevent these evils i.e., dowry system, untouchability, regionalism and they should have broader sense. Teachers should bring awareness on evils in the minds of the students.
Signature of the Student	Signature of the Concerned Lecturer

MODEL GROUP PROJECT-III

Name of the Activity	: Environmental Pollution-Prevention
Type of Activity	: Group Activity (Field visit)
Information to be collected	: A group of 5 students should visit the local area and they should get information about environmental pollution, which is occurring in that present area. Along with that students get the information about different pollutions i.e. sound pollution, water pollution, air pollution in a tabular form and suggest remedies for different pollutions.
Description of Activity	: Pollution is the introduction of contaminants into the natural environment that causes adverse change. Pollution can take the form of chemical substance or energy such as noise, heat or light.
Suggestion	: (1) To prevent pollution all industries should be shifted away from township. (2) Noise pollution should be controlled by not using loud speakers. etc. (3) Water pollution should be controlled by not sending industrial waste into water.

Signature of the Student

Signature of the Concerned Lecturer

MODEL GROUP PROJECT-IV**Name of the Activity**

: A visit to Slum Area

Type of Activity

: Group Activity

Information to be collected

: Students have to visit the slum area and to collect the information on which factors are causing diseases in their surroundings and how diseases spread to the others. List out the communicable diseases, which find practices are they following and what are the precautions to be taken to prevent these diseases, detailed report should be submitted.

Description of Activity

: Communicable diseases are those that spread from person to person through pathogens i.e. disease causing organisms such as virus, bacteria, fungus and protozoa common communicable diseases are caused by virus include chicken pox, measles, flu, Chicken guniya, dengue fever, viral hepatitis and pneumonia.

Suggestion

: Many communicable diseases can be prevented by taking minor precautions. They are (a) washing hands frequently (b) food should be prepared in hygienic manner (c) keep the surrounding neat and clean (d) drink purified water (e) take healthy and nutrition food.

Signature of the Student**Signature of the Concerned Lecturer**

MODEL GROUP PROJECT-V

Name of the Activity	: Generating Creativity
Type of Activity	: Group Activity
Information to be collected	: Group of 5 student can gather and they should generate the creative ideas related to poetry, dance, painting, music, or product improvement. They should exhibit their talents in a different manner in the class room, related to any theme.
Description of Activity	: Creativity includes new or novel ideas which are unknown to the producer. Creative people have high capabilities in doing action. creative thinking is having unusual and innovative thoughts and being able to put things together in new and imaginative way.
Suggestion	: Creativity involves lateral thinking. Thinking out of the box also leads to creativity. Creativity does not be logical. Through observation and participation and innovation thought may help for creativity.

Signature of the Student

Signature of the Concerned Lecturer

MODEL INDIVIDUAL PROJECT - I**Name of the Activity**

: Discrimination between good & bad.

Type of Activity

: Individual Activity.

Information to be collected

: By observing the individual, mention the good qualities and bad qualities of human being in a tabular form. To develop character and conduct how these ideal qualities will affect the individual. Observe one person in your surroundings. (have school or neighbourhood) and make a list of good qualities and bad qualities, which you like in that person.

Description of the project

: The distinction between good and bad is very fundamental to all other discussion about values. Some persons interpret them as contradictories but good and bad are non contradictory, opposites both have value.

Suggestion

: To develop ones character and conduct, and in habit formation discrimination of good and bad is very essential. It should develop from the childhood. In this direction parents should act as role models who demonstrate the attributes they wish to encourage children

Signature of the Student**Signature of the Concerned Lecturer**

MODEL INDIVIDUAL PROJECT - II

Name of the Activity	: Self confidence (SWOT Analysis)
Type of Activity	: Individual Activity
Information to be collected	<p>: Study of one's abilities, qualities and judgement. To assess himself about his strength and weaknesses. Every person should go for SWOT Analysis.</p> <p>S = Strengths. W=Weaknesses O = Opportunities, T = Threats.</p> <p>SWOT Analysis develops the self confidence. Every individual has to list out the strengths, weaknesses and opportunities and lists in a tabular form.</p>
Description of the project	: (a) To be self confident (b) to be secure in yourself and your abilities. Confidence is a feeling or trust in someone. To be self confident is to have confidence in yourself. Self confident people don't doubt themselves.
Suggestion	: To develop self confidence, cultivate good and positive attitudes, control your own emotions, identify your negative thoughts. Taking and practicing self care are the some of the tips.
Signature of the Student	Signature of the Concerned Lecturer

MODEL INDIVIDUAL PROJECT - III

Name of the Activity	: A visit to Industries and village.
Type of Activity	: Individual Activity.
Information to be collected	: Visiting any near by industry ex: Paper mill. Collecting information. (a) What are all raw materials required for paper making (b) Process of paper making (c) By PRODUCTS (d) Pollutants (e) Pollution treatment process.
Description of the project	: In a paper mill, paper is made by using raw material like wood, bamboo etc.
Suggestion	: (1) Alternatives should be searched for preparing paper. (2) Preservation of Forests. (3) Prevention of Tree cutting.

Signature of the Student

Signature of the Concerned Lecturer

MODEL INDIVIDUAL PROJECT - IV

Name of the Activity : Observation of an Adolescent (12, or 13 years)

Type of Activity : Individual Activity

Information to be collected : Adolescence is the right time to inculcate good food and exercise habits which contribute to good health. Nutrition food is essential for the continuation of life. Individual has to identify the food habits of his own and make a list of nutrients which he gets from his regular food in a tabular form, and Mention the affects of malnutrition on his health. Which kind of diseases may occur with insufficient nutrition.

Description of the project : Nutrition needs are the greatest during this stage of life. Lack of proper nutrition can delay growth, affect health and also make a person prone to chronic diseases. Finally nutritional habits during adolescence can result in irreparable changes to the body.

Suggestion : Focus on improvement in nutritional and health status of adolescents plays essential role for healthy society. To improve health status take a variety of grains and pulses, fresh vegetables and fruits. Foods which are rich in iron should be eaten.

Signature of the Student

Signature of the Concerned Lecturer

MODEL INDIVIDUAL PROJECT-V**Name of the Activity**

: Usage of Mobile phones, Internet

Type of Activity

: Individual Activity

Information to be collected

: One should remember that the primary purpose of a mobile phone is to stay in touch with people and the purpose of internet is to get the information. Each individual has to mention the amount of time they can use the phone daily and the expense involved. In some way how much time they spend on browsing. Is it purposeful and benefitable. Are their parents monitoring the children. Give these details in a tabular form

Description of the project

: Cell phones and Internet have become the part of life. The technology that is available to children today can be overwhelming for parents, especially when it comes to devices that children can put in their backpacks and carry with them. This mobile technology makes easier for children to fit whatever they want to access. It is making more difficult to parents to monitor their children what they are doing.

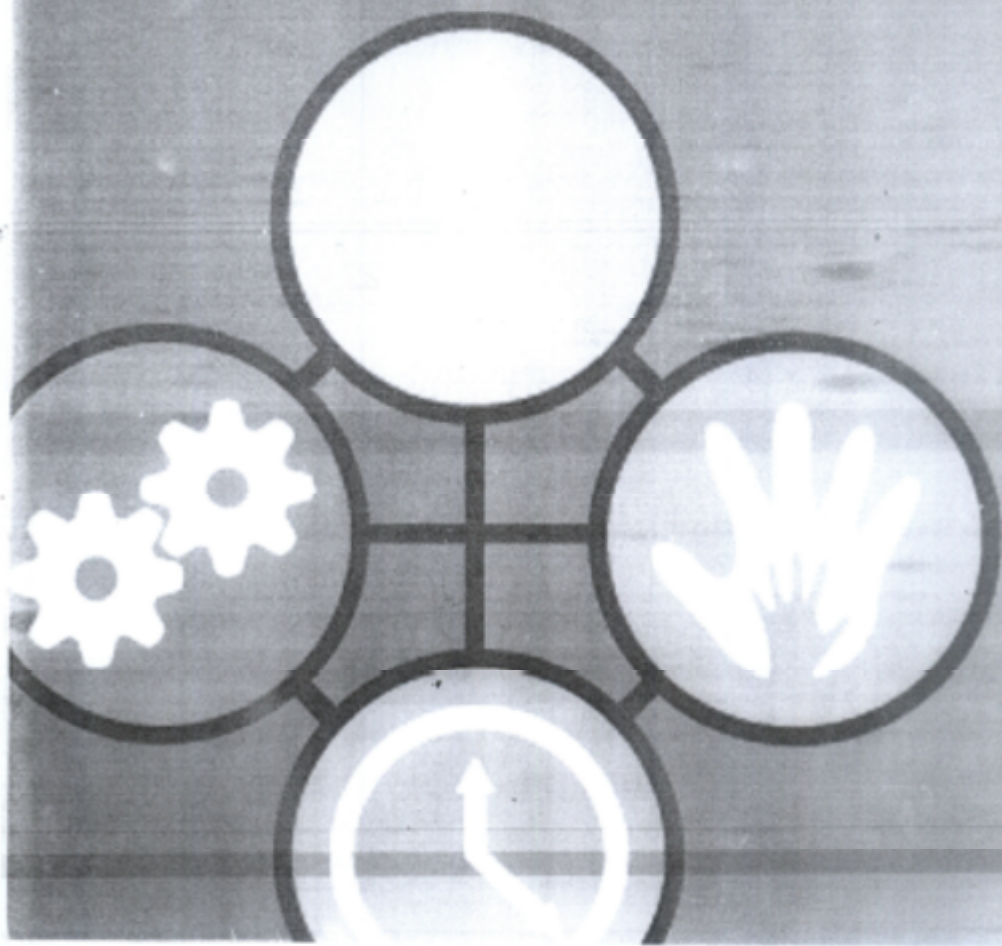
Suggestion

: Children should use these devices for knowledge. Excessive usage should be avoided. Unethical usage of the internet should be reduced. Should not go for indecent sites. They should avoid electro pollution.

Signature of the Student**Signature of the Concerned Lecturer**

2016 Date 7/13/22

ETHICS AND HUMAN VALUES



**TELANGANA
ENVIRONMENTAL
EDUCATION**

**JUNIOR
INTERMEDIATE
STUDY MATERIAL**



(Answers given for all 240 textual questions)

Telugu Akademi
Questions And Answers
As per new syllabus

- 2 Model Papers
(Including 2019 Paper issued by BIE)
- Model project works
(Individual & Group)